



60-SECOND BURNOUT QUIZ

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Take a minute and answer the following 20 questions. These may be the most important questions you have answered in a long time. These are **yes** and **no** questions, so place a **Y** for yes and an **N** for no:

- ___ Have you noticed a lack of interest in your work?
- ___ Do you dread going to work or to the office?
- ___ Are people becoming more annoying to you?
- ___ Do you feel under-appreciated?
- ___ Do you find yourself cutting corners in your ministry assignments?
- ___ Are you finding more and more fault with your leaders?
- ___ Do you find yourself frequently thinking about resigning and finding another church or work?
- ___ Do you feel like your hands are tied relative to making positive changes in the congregation?
- ___ Do you feel underpaid and need a raise?
- ___ Are you complaining more and more to your wife?
- ___ Do you feel stuck in a rut with no way out?
- ___ Are you arguing more and more about minor issues in church?
- ___ Do you feel like you are drifting in ministry without a specific direction or set of goals?
- ___ Do you feel like you need additional ministry education but aren't allowed to pursue it?
- ___ Do you feel like your ideas and opinions don't matter?
- ___ Do you feel like too many demands are placed on you?

- ___Is your family feeling the fallout and stress from your ministry issues?
- ___Do you feel like some members are out to get you?
- ___Do you feel stressed out? ___burned out?
- ___Are you willing to do something to prevent the downward spiral to complete burnout?

If you answered **Yes** to more than 5 of these questions you need to take a serious look at the stressors in your life and ministry. You may be a candidate for burnout or already burned out.

The **Jeremiah Institute** conducts a seminar that deals with stress and burnout issues: causes, consequences and cures. Contact us about scheduling a seminar in your area. There are also other materials available to help the busy ministers, or any person, manage stress and burnout.

Let this be your site for positive solutions to ministry challenges.